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Your essential daily news | TUESDAY, AUGUST 25, 2015

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**WILL WE
LOSE OUR
HOMES?**

**TENANTS
ALARMED
TO DISCOVER
THEIR HOUSES
FOR SALE**

metroNEWS

Deborah Key, from left, Jennifer Conrad and Linda Beaver in front of 2429 Brunswick St., one of the affordable-housing properties put on the real-estate market by Harbour City Homes. JEFF HARPER/METRO

McCluskey mulls exit

POLITICS

**Long-serving
councillor says
she likely won't
campaign again**



**Stephanie
Taylor**
Metro | Halifax



Gloria McCluskey METRO FILE

A longtime city councillor is toying with the idea of calling it quits after more than two decades in municipal politics.

Coun. Gloria McCluskey of Dartmouth Central, known for her tell-it-as-it-is approach and allegiance to the former city on the east side of Halifax Harbour, was recently rumoured to not be running in HRM's 2016 election.

On Monday, McCluskey told News 95.7's Rick Howe Show she was probably not looking to set foot back on the campaign trail.

"That's a year away. It's a woman's prerogative to change

her mind," she said later Monday.

McCluskey, once mayor of Dartmouth, said it's not the workload that discourages her, but knocking on nearly 9,000 doors in her district.

But she said it would be a difficult decision when the time comes, adding, "I love my job."

When asked about possible plans for retirement, McCluskey said, "I don't want to think about it," but said she has been encouraged to write a book.



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 IN INITIAL QUALITY IN THE U.S."

2015
SOUL 1.6L LX MT

Soul SX Luxury shown†
 HWY / CITY 100KM*: 7.8L/9.9L

WELL-EQUIPPED FROM **\$12,245*** INCLUDES **\$4,750*** IN CASH DISCOUNTS
 INCLUDES \$1,000 "BEST-IN-CLASS" BONUS*

EXTRA
\$1,000
"BEST-IN-CLASS"
BONUS



2015 SORENTO
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THE ALL-NEW 2016
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Sorento SX Turbo AWD shown†
 HWY / CITY 100KM*: 9.3L/12.3L

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2015
FORTE LX MT

Forte SX AT shown†
 HWY / CITY 100KM*: 6.1L/8.8L

WELL-EQUIPPED FROM **\$11,425*** INCLUDES **\$4,570*** IN CASH DISCOUNTS



2015
OPTIMA LX AT

Optima SX Turbo shown†
 HWY / CITY 100KM*: 5.7L/8.9L

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Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from August 1 to 31, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments exclude delivery and destination fees up to \$1,715, \$100 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees (up to \$899), fuel-fill charges up to \$100, and down payment (if applicable and unless otherwise specified). All offers are subject to change without notice. Other lease and financing options also available. *0% financing and up to \$6,000 discounts are available on select 2015 models and are deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2015 Rondo LX AT Winter SE (8N75SP) with a selling price of \$25,395 is based on monthly payments of \$404 for 48 months at 0% with a \$0 down payment, \$0 security deposit and first monthly payment due at finance inception. Offer also includes a \$6,000 financing discount. *Up to \$1,000 Best-in-Class Bonus amounts are offered on select 2015 Sorento and 2015 Soul models and are deducted from the negotiated cash purchase, finance or lease price before taxes. Offer available from August 20 to 31 only while supplies last. Amounts vary by trim and model. Certain conditions apply. See your dealer for complete details. **Cash Purchase Price** for the new 2015 Soul LX MT FWD (S055F)/2015 Forte LX (P054F)/2015 Optima LX AT (P042F)/2015 Rondo LX AT Winter SE (8N75SP) is \$12,245/\$11,425/\$10,795/\$9,395 and includes a cash discount of \$4,750 including \$1,000 Best-in-Class Bonus/\$4,570/\$5,000/\$6,000. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **Representative Leasing Example:** Lease offer available on approved credit (OAC), on new 2016 Sorento 2.4L LX FWD (S075AG) with a selling price of \$27,495 is based on monthly payments of \$245 for 36 months at 0.9%, including \$1,000 Best-in-Class Bonus, \$0 security deposit, \$1,800 down payment and first monthly payment due at lease inception. Total lease obligation is \$8,833 with the option to purchase at the end of the term for \$16,414. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). Lease discounts vary by model and trim and are deducted from the negotiated selling price before taxes. *Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. *Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (P0748F)/2015 Soul SX Luxury (S0758F)/2015 Optima SX Turbo AT (P0748F)/2016 Sorento SX Turbo AWD (S075G) is \$26,695/\$27,295/\$34,895/\$42,095. *Highway/city fuel consumption is based on the 2015 Forte 1.8L MPI 4-cyl AT/2015 Soul 2.0L GDI 4-cyl AT/2015 Optima 2.4L GDI AT/2016 Sorento SX 2.0L Turbo AWD. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. The Kia Soul received the lowest number of problems per 100 vehicles among compact multi-purpose vehicles in the proprietary J.D. Power 2015 U.S. Initial Quality Study®. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The Kia Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study®. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. The All-New 2016 Sorento/2015 Optima were awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model years 2016/2015. U.S. models tested. Visit www.iihs.org for full details. 2015 Kia Soul awarded ALG Residual Value Award for highest resale value in its class. Based on ALG's residual value forecast for the 2015 model year. ALG is the industry benchmark for residual values and depreciation data. www.alg.com. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.



WEATHER REFLECTING ON THE UPCOMING WEEK A cyclist is reflected in a puddle as he rounds the corner of the Emera Oval in Halifax on Monday. Environment Canada is calling for a mix of sun and cloud for most of the week. JEFF HARPER/METRO

Double-checking city street checks

ACCOUNTABILITY

Police dispute stats, lawyer questions current system



Haley Ryan
Metro | Halifax

Halifax police say they have oversight in place for street checks, but one privacy lawyer contends the procedure leaves room for intimidation.

Last week, The Globe and Mail ran a piece on police carding or "street checks" in Canada, which

has been controversial in Toronto, where it's been found to particularly target black residents.

In Halifax, The Globe reported there were 6,798 street checks in 2014, amounting to 1.7 per cent of the population being stopped — but Halifax Regional Police Deputy Chief Bill Moore said that's not accurate.

"Some of these street checks may not have any interaction whatsoever between the police and the individual," Moore said Monday.

There are also many duplicates, Moore said, since it could be the same person many times or two different officers could take note of a known criminal on the same shift.



Halifax Regional Police Deputy Chief Bill Moore METRO FILE

"Right now I can't say if that 6,700 is made up of 100 different people or 5,000 different people," Moore said.

Moore said street checks could be anything from notes on when a known criminal is

spotted in an area, an officer asking someone why he's walking through, say, Burnside at 4 a.m., to stopping a car with one headlight or seeing multiple teens in a car carrying hammers early in the morning.

The Halifax Regional Police policy states street checks are field interviews submitted when an officer "observes a person or vehicle in a location, at a time and/or under circumstances that suggest would be of significant to future investigation," but the person or vehicle "does not have to be stopped or occupants interviewed."

However, Moore said, the officer needs to have a legitimate reason for checks, which are

all reviewed by a sergeant the same day.

"If that (street check) rationale is only based on your ethnicity ... that's wrong," Moore said.

Moore said there is the option to include someone's age and ethnicity as part of their street check, "but it's not always required."

For David Fraser, Halifax privacy lawyer, the fact we don't have specific numbers for people stopped or always track ethnicity "raises even

more questions."

Right now, Moore said residents aren't told they can walk away from a street check if they feel they don't need to say anything, which Fraser said should always be made clear.

"It's intimidating — a police officer stops you on the sidewalk and says 'What's going on?'" Fraser said.

"If you're a member of a racial or ethnic minority, you're going to think you were targeted for that reason."



The more information we know about what's going on, the better.

Halifax privacy lawyer David Fraser



Delicious Family Dining

Offering a Neighbourhood Favourite! All Summer Long!

THE LOBSTER ROLL | \$13.99

Chunks of lobster meat, celery and a hint of mayonnaise on a bed of shredded lettuce in a steamed roll. Accompanied with golden brown potato crisps.

IN BRIEF

Boil-water order issued for Porters Lake park

Those heading to a Porters Lake park soon should make sure to boil their water.

On Monday, the province warned campers and other users of the Porters Lake Provincial Park all water should be properly boiled before drinking, preparing infant formula, juices or ice cubes, washing fruits and vegetables, cooking, or brushing teeth.

The water should be boiled for at least one minute, according to the release.

The boil order has been issued while a malfunctioning chlorinator is being repaired.

It may be a few days before the drinking water can be returned to acceptable standards and the boil order is lifted, the release said, and the public will be notified at that time. METRO

Man faces charges in Glace Bay stabbing

Cape Breton Regional Police says a 29-year-old man faces charges in connection with a stabbing that injured a 50-year-old man.

Michael Hart faces a charge of assault with a weapon and two counts of breach of probation.

Police say the stabbing occurred during an altercation Friday outside a business on Commercial Street in Glace Bay.

The victim was taken to hospital with what appeared to be a non-life threatening stab wound.

Police say Hart remains in custody and is scheduled to appear in Sydney provincial court Monday. THE CANADIAN PRESS



Extras take a break between takes on the set of the *Book of Negroes*, which was filmed in Shelburne, on Nova Scotia's southwestern shores. JEFF HARPER/METRO

'Open for business'

ENTERTAINMENT

New website to help keep Nova Scotia film industry rolling



Stephanie Taylor
Metro | Halifax

When Film and Creative Industries Nova Scotia shut its doors in Halifax this past spring, so did the industry's locations management office.

That move was disconcerting to veteran locations scout and manager Shaun Clarke.

"Since the next tax credit has been in place without a film locations officer, there's really

nothing in the pipe at all," he said Monday. "There's no work booked now."

He explained the office acted as a film commission that provided location information for out-of-town producers and filmmakers who had inquired about shooting in the province.

Clarke's frustrations eventually became a cause for action while he was working on the new season of *The Trailer Park Boys* in June.

Weeks later, with the help of industry volunteers, including the Director's Guild of Canada-Atlantic Region and Nova Scotia Business Inc. (NSBI) — a development agency under the province's Department of Business — a new website was launched: www.filmnovascotia.ca.

"You can only whine and com-



When the government dismantled Film and Creative Industries Nova Scotia, more than just the tax credit was affected.

Shaun Clarke

plain so long and then you just got to step up to the plate and do it yourselves," Clarke said.

The new site acts as a directory for anyone curious about filming in the province, providing contact information to local film unions, incentives and equipment rental houses.

It also features a short video showcasing locations around the province, from the sunset isles of Cape Breton to storied architecture of Lunenburg.

"You have to market yourselves, if people don't know

that you exist they're not going to come and buy," Clarke explained.

Clarke calls the new site a de facto film commission that builds capacity with NSBI, which he hopes will someday establish another commission of its own.

However, the department's minister, Mark Furey, said Monday that while the industry's film fund is still in transition, it is most prudent to keep the dialogue open and determine how to best meet the industry's needs.

ANGUS MACDONALD

Bridge to be closed on most weekends

As a major facelift of the Angus L. Macdonald Bridge rolls ahead, Halifax residents can expect it to be closed most weekends in September. According to a release issued Monday, Halifax Harbour Bridges says workers will be replacing 46 deck segments — a feat accomplished only one other time in the world.

Initially, the first of the deck segment replacements were slated to begin at the end of August, but a two-week schedule adjustment was required, which the commission is confident will not affect the overall timeline of the project. According to the release, the first deck segment is expected to be replaced during the weekend of Sept. 11-14.

Over the next 12 months, residents can expect between 10 and 12 full weekend closures, beginning Labour Day weekend.

Tentatively, the commission anticipates the bridge to be closed on weekends next month beginning Fridays at 7 p.m., and reopening Mondays at 5:30 a.m.

However, the bridge will reopen earlier than the scheduled time if the work is completed.

The nightly closures on weeknights and daytime single lane closures will continue as normal.

Additional information on the bridge closures can be found at thebiglift.ca or hdhc.ca. METRO

12 months

Maintenance on the Angus L. Macdonald Bridge is expected to last 12 months, with approximately 10 to 12 weekend closures.

INDUSTRY

Tests show Northern Pulp emissions below legal limit

The Nova Scotia government says the latest tests taken at Northern Pulp show that emissions are below legal limits.

The province says testing was conducted on July 24 by Stantec Consulting Ltd. and shows a marked improvement over the paper mill's previous results in April.

The government issued a legally binding order last August directing the mill in Abercrombie Point to replace its

precipitator and get its emissions in line.

The plant shut down on May 30 to complete the installation of the new precipitator.

The government says emissions from the recovery boiler are now well below the legal limit.

All other test results were also below the limit.

Environment Minister Andrew Younger says that means the new precipitator is work-

ing as expected.

The commissioning of the precipitator, which began in June, is ongoing and is expected to wrap up in late October.

After that, the mill must comply with a new emissions limit set last year — a mark that is approximately 80 per cent lower than the old standard.

Emissions at the mill were above legal limits last year.

THE CANADIAN PRESS

IN BRIEF

Police recruiting for youth program

Local police are looking for new recruits, and they're starting young. The Halifax Regional Police Youth program is looking for kids between the ages of 14 and 18 to join its "close-knit team and make a positive contribution to our community," according to an HRP news release issued Monday. Duties would include learning about policing and performing community services. The deadline for applications is Aug. 31. METRO

INFRASTRUCTURE

Communities get provincial funding

The Nova Scotia government has announced \$700,000 in funding for several high-priority infrastructure projects across the province.

Municipal Affairs Minister Zach Churchill says the funding is meant to ease the burden on municipalities to complete the capital improvements.

Mahone Bay will receive just under \$60,000 to carry out storm water separation, while New Germany will get

more than \$130,000 for an inflow and infiltration study and design.

Meanwhile Antigonish is getting about \$40,000 for upgrades to its water main distribution and about \$143,000 is going to Truro for a water main replacement project.

Funding distributed under the Provincial Capital Assistance Program gives priority to projects that eliminate environmental and health problems. THE CANADIAN PRESS

‘This is gentrification’

AFFORDABLE HOUSING

North-end tenants protest private sales of properties



Zane Woodford
Metro | Halifax

A group of affordable housing tenants is calling on the city to step in after hearing that their homes are on the real estate market.

Harbour City Homes, a non-profit housing society, is selling nine properties on Brunswick Street and Artz Street in north-end Halifax.

The properties were originally purchased from Halifax Regional Municipality at discounted prices, to be used as affordable housing.

Now they're set to be sold at market value, and more than 20 families are worried they'll be put out of their homes.

"We feel that the city has a responsibility, and we would like to see them act as soon as possible on this," Deborah Key, chairwoman of the Brunswick Street Tenants Association, said Monday morning.



A reporter records Deborah Key as she speaks to the media Monday outside the offices of Harbour City Homes on Barrington Street. JEFF HARPER/METRO

Key wants the city to buy the properties back from Harbour City and give them to her organization to start a housing co-op, to keep the tenants in their homes.

But according to city spokesman Brendan Elliott, that's not an option.

Only one of the properties up for sale — at 2275 Brunswick St. — included a buy-back option when the city sold it to Harbour City for \$1 in 2007.

That means the city has right of first refusal if the non-profit wants to sell the building, or it could buy it back if it was no longer going to be used as affordable housing.

“It's here and we know that. It's going to move (us) from our buildings.... Who's next?”
Deborah Key, Brunswick Street Tenants Association

That property is now listed for sale, and if the city, through council, decides it wants to buy it, it would get it for the 2007 market price, adjusted for any renovations done by Harbour City.

The other eight properties had no such clause.

"Our role was to provide these properties at a discounted price to non-profit organizations so they could run affordable housing," Elliott said.

"Our role was really not

to have any interest in these properties moving forward."

Key said her organization is in talks with the province as well to review their options, and she realizes affordable housing is not within the city's jurisdiction.

In the meantime, she's hoping to schedule a meeting with Harbour City general manager Bob Thomson to find out how the transition would work.

Thomson did not return a call for comment Monday.

+ RATES

How much Harbour City Homes paid:

- 2219 Brunswick St.: \$1,960.29
- 2237 Brunswick St.: \$4,735.68
- 2223 Brunswick St.: \$4,796.33
- 2229 Brunswick St.: \$2,660
- 2275 Brunswick St.: \$1
- 2429 Brunswick St.: \$6,376
- 5215, 5219 and 5221 Artz: \$1 each plus \$3,179.31 in legal fees

PARRSBORO

Historic Nova Scotia summer home marred by lightning

A chimney was reduced to rubble and holes were pierced through the roof of the historic Ottawa House in Parrsboro on Saturday.

The bolt of lightning struck the former summer home of Sir Charles Tupper, a founding father of confederation and prime minister of Canada, in the early afternoon.

The east chimney suffered the most damage, while the roof was dotted with small holes.

The house is now a museum run by the Parrsboro Historical Society.

Staff in the building at the time reported the incident startled everyone.

Fire Chief Randy Mosher, who happened to be in the building at the time, inspected the scene for structural damage and damage to the building's electrical systems.

AMHERST CITIZEN RECORD

+ FAST FACTS

- Built in the Georgian style in 1770 by the Ratchford family
- Became the summer home of Sir Charles Tupper in 1871
- Many original and historic elements remain inside, including fireplaces and hand-hewn beams

IN BRIEF

Man killed in ATV crash wasn't wearing helmet

A 61-year-old N.S. man died Saturday night when he crashed the All-Terrain Vehicle he was driving.

Cumberland County RCMP and the Wallace Fire Department responded to the collision on Kerrs Mill Road at about 9:10 p.m.

The four-wheeler left the gravel road and hit several trees, killing the Kerr Mills man, who was not wearing a helmet. He was pronounced dead at the scene. METRO



The stolen 2006 vehicle. COURTESY HALIFAX REGIONAL POLICE

DARTMOUTH

Smart car stolen from parking lot

Halifax Regional Police are asking for the public's help in finding a stolen Smart car.

Last Wednesday, Halifax Regional Police said officers responded to a report of a vehicle being taken from the parking lot of a Dartmouth restaurant on the 200 block of Portland Street.

According to a police news release, the stolen vehicle is a

2006 light-green Smart car with the Nova Scotia licence plate SMRTGRL.

Police said there is no description of the suspect or suspects at this time. Anyone with information about this theft or the location of the car is asked to call police at 902-490-5016. Anonymous tips can also be sent to Crime Stoppers. METRO

LOWER SACKVILLE

RCMP investigate 2 separate robberies

Police responded to two separate robberies in Lower Sackville overnight Sunday.

Halifax RCMP said they arrested two men who broke into Payzant Home Hardware on Sackville Drive at about 10:45 p.m. After receiving a 911 call, officers were able to catch the suspects as they were trying to steal rolls of roofing wrap.

A 45-year-old Lower Sackville man faces charges of break and enter and theft, while a 25-year-old Lower Sackville man faces one charge of theft. Both are scheduled to appear in Dartmouth provincial court Oct. 7, a police news release said.

At about 3:20 a.m., two suspects knocked on the front door of Disco Deli on Sackville Drive, assaulting the owner with pepper spray when he came to the door, according to RCMP.

They stole cash and cigarettes before taking off, while paramedics took the owner to hospital where he was treated for minor injuries, the news release said.

The two suspects were described to police as white men in their late teens or early 20s.

Please call Halifax RCMP at 902-244-7208 or Halifax Regional Police at 902-490-5180 if you have any information. METRO

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

SIX@6 LAST NIGHT:

- 6 Ria Mae Clothes Off
- 5 Selena Gomez ft ASAP Rocky Good For You
- 4 Ed Sheeran Photograph
- 3 R.City ft Adam Levine Locked Away
- 2 Demi Lovato Cool For Summer
- 1 The Weeknd Can't Feel My Face

1013TheBOUNCE.com 1013thebounce



ROADS ROUNDABOUT TWO Cars head through the new Cogswell roundabout, which opened Monday morning. This is the second of two roundabouts installed around the Halifax Common.
JEFF HARPER/METRO

Work crews didn't deliver: City

CONTRACTS

Companies faced with thousands in penalties



Stephanie Taylor
Metro | Halifax

Contractors who failed to mow Halifax's grass and repaint city street lines could be on the hook for up to \$33,000 in penalties.

On Monday, a municipal spokeswoman said three letters have been issued to grass-cutting contractors who haven't met the terms of their contracts on three separate instances, totalling \$26,500 in liquidated damages.

"We were not happy with the service levels we were getting in terms of the grass-cutting," Jennifer Stairs of the Halifax Regional Municipality said Monday.

Stairs would not detail spe-

cifics or which companies had their pay withheld, only that the penalties were from late July.

The city estimates about 5.5 million square metres of grass in 5,200 fields, playgrounds and schools around HRM are mowed by outside contractors.

Earlier this year, the city re-approved nine contracts — eight that service lands within each district and one for cemeteries — for a three-year term worth about \$3.4 million.

Long grass wasn't the only problem raised by city councillors and residents — faded street lines were another headache to drivers this summer.

Last Friday was the deadline to finish repainting crosswalks, directional arrows and stop bars, Stairs said.

One company that services the East Central area, including neighbourhoods in Dartmouth

and Bedford-Sackville, missed the Aug. 21 deadline and are losing out on \$500 each day the work goes unfinished.

As of Monday, the city said the contractor expects to have the outstanding work completed by Sept. 4, which could amount to \$6,500 in total liquidated damages.

"With line-painting, humidity and the rain can play a much bigger role in whether or not they can paint the roads,"

Stairs said, adding there is some flexibility for weather conditions, but ultimately, contractors are still accountable to finish the work.

While the city outsources companies to paint street traffic signals, in-house staff paint the yellow centre and white lane stripes, both of which are financed by an annual budget of \$1.03 million, according to the city.

“We were not happy with the service levels we were getting in terms of the grass-cutting.”

Jennifer Stairs of the Halifax Regional Municipality



Road lines were faded at the corner of Duke and Brunswick Streets in downtown Halifax this July. JEFF HARPER/METRO



The Wilsons Lake Conservation Lands in Yarmouth County were recently established as a protected area.

PETER GREEN/CONTRIBUTED

Looking to aid wetlands

ENVIRONMENT

Nature Trust aims to protect 11 endangered plant species

Rebecca Dingwell
For Metro | Halifax

After successfully establishing Wilsons Lake in Yarmouth as a protected area, the Nova Scotia Nature Trust is now looking at ways to help other wetlands.

The hope is to eventually protect all 11 endangered wetland species of southwest Nova Scotia, as well as animals such as the Blanding's turtle and the ribbon snake.

Some of these plants are globally rare, while many cannot be found anywhere else in Canada, provincial Nature Trust executive director Bonnie Sutherland said Monday.

"When you just have one species, then an infestation of something moves in and everything can die off," Sutherland said.

Since the acquisition of 300 acres for the Wilson Lake Conservation Lands on Aug. 17, the Nature Trust is looking at areas such as Tusket River and Pleasant River.

"(Pleasant River) actually has some of the endangered coastal plain plants, but it also crosses over with the endangered turtles — the

habitat that they use," Sutherland said. She explained that many lakes and rivers are privately owned, so the government can't do much to protect them.

"Once we work with scientists to figure out where are the most critical habitats," said Sutherland, "we actually work with the private landowners to educate them."

In some cases, the landowners will donate the property or the Nature Trust will buy it. In other instances, they will reach a legal agreement in which the owners can continue to own the protected land.

"They just can't disturb the plants and the habitats," Sutherland said.

In addition to the scientific need for biodiversity, Sutherland said it's also important for the human experience.

"People want to go out into the wilderness and be able to experience, you know, not just one type of tree and one type of animal," she said.

+ BACKGROUND

The Wilsons Lake Conservation Lands includes habitat critical for four nationally endangered plants: the pink coreopsis, the plymouth gentian, the water pennywort and the longs bulrush, according to the Nova Scotia Nature Trust.

RCMP

Crews locate body of drowned boy in river

Nova Scotia Police said crews have recovered the body of a 12-year-old boy who disappeared while swimming in a Nova Scotia river.

RCMP say the boy went under the surface of the LaHave River as he was swimming with three friends at around 12:45 p.m. Sunday.

They said his body was found just after 9 a.m., but that his

name has not been released.

Cpl. Angela Corscadden said RCMP officers patrolled the shoreline on foot overnight, but found nothing.

The underwater recovery team was at the site, along with ground search and rescue crews.

A helicopter and auxiliary coast guard vessel also helped earlier in the search near Conquerall Bank. THE CANADIAN PRESS

IN BRIEF

Motorcycle driver killed after crashing into yard

Halifax police said a 30-year-old man was killed when his motorcycle drove up onto a lawn.

Officers said the driver went through an intersection and crashed into a yard on Mount Edward Road just before midnight Sunday. They said the driver was pronounced dead at the scene. Police are investigating. THE CANADIAN PRESS

Inmate assaulted, injured at maximum security prison

The New Brunswick RCMP are investigating the alleged assault of an inmate at the maximum-security Atlantic Institution in Renou.

Corrections Canada issued a statement saying the inmate required treatment at a local hospital after he was attacked Sunday morning. THE CANADIAN PRESS

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Former PMO staffer takes stand

COURT

Claims he didn't know Wright repaid expenses until later on

Chris Woodcock, the aide in the Prime Minister's Office who crafted public statements about Sen. Mike Duffy's repayment of disputed expenses, says he never read the 2013 email where Nigel Wright told him he was picking up Duffy's tab "personally" — at least not until months later.

Woodcock, who was director of issues management and responsible for staying on top of controversies affecting the government, testified Monday at Duffy's trial for fraud, bribery and breach of trust. Woodcock said he was responsible for drafting statements for the government and Duffy in cooperation with senators and Duffy.

"Mainly my job was to spot trouble and come up with a strategy for dealing with it," he said.

Woodcock said he first read the top paragraph of Wright's email on March 8, 2013.

"I didn't see it at the time. It



Chris Woodcock, ex-director of issues management inside the Prime Minister's Office, testified at Mike Duffy's trial in Ottawa on Monday that he was "surprised" when he realized he'd been informed by Wright of his repayment as early as March 2013. FRED CHARTRAND/THE CANADIAN PRESS

actually meant nothing," he told assistant Crown attorney Jason Neubauer.

Neubauer did not pursue Woodcock's answer further.

However, it provides a partial explanation as to how at least one other aide in the PMO, presumably in the know about

Wright's payment, failed to flag it to either Prime Minister Stephen Harper or anyone else as a looming political disaster.

It may also explain why, in the early weeks after the \$90,000 payment was reported on May 14, 2013, the prime minister continued to tell the public

that no one on his staff knew. Emails submitted as evidence show there were up to 13 PMO and senior Conservative officials who knew about it.

At the time of the email to Woodcock from Wright, Harper's office was trying to craft a response to a reporter who had

inquired of the Conservative Party if it was helping either Sen. Pamela Wallin or Sen. Duffy with their disputed expenses.

They debated whether to respond.

Wright replied to Woodcock the party would only cover expenses incurred on party business and would not be picking up any of Duffy's housing expenses.

"For you only, I am personally covering Duffy's \$90k," Wright wrote.

Woodcock, who appeared Monday as a Crown witness, said he only realized that was in his email in June 2013, well after CTV broke the embarrassing story that Wright had covered Duffy's bill, by which time Wright had resigned.

Woodcock testified he received between 700 and 1,000 emails a day and mostly scanned them for "action" items he would have to move on.

He said he was "actually quite surprised" when he realized then that he'd been informed

by Wright of his repayment as early as Mar. 8.

That was more than two weeks before March 26, when Wright had another PMO staffer handle the transfer of his personal bank draft for \$90,172.24 to Duffy's lawyer.

Woodcock also testified that Duffy was an "active participant" in the PMO's handling of his expenses controversy and the media "talking points" that were

issued about it. The tone of their conversations was collegial and cooperative, he said.

But Woodcock, who said he has since left government, said he

was "astonished" when, well after he knew Duffy had "repaid" his expenses, to see Duffy tell a Global News reporter on April 17 that he, himself, had not repaid them.

Woodcock said he couldn't understand why Duffy would suggest such a thing when it was clearly untrue.

TORSTAR NEWS SERVICE

"I didn't see it at the time. It actually meant nothing."

Chris Woodcock on Nigel Wright's email from March 8, 2013

ELECTION 2015

Leaders return to campaign trail amid plunging economy

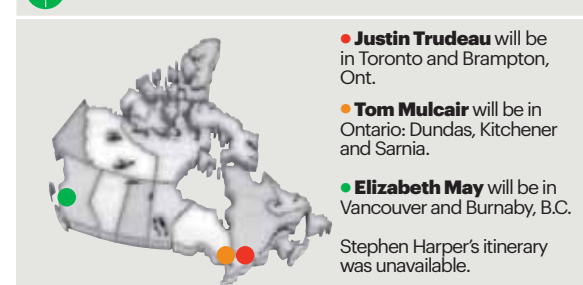
A precipitous drop in North American stock markets sparked fresh debate on the federal campaign trail Monday about which leader would be the best choice to manage Canada's finances.

The S&P/TSX composite index dropped 768.5 points shortly after markets opened, before rallying to close down 420.93 points, a 3.12 per cent decline over Friday's close. The dollar, meanwhile, closed down about half a cent.

For Stephen Harper, the plunging economy — fallout from China's worst market performance in eight years — provided a welcome diversion from the relentless revelations of the Mike Duffy trial that have kept the Conservative campaign off balance for close to two weeks.

The prime minister's office released a short statement Monday, saying that he had spoken on the phone in the morning with Stephen Poloz, the governor of the Bank of Canada.

WHERE THE LEADERS ARE TODAY



tential impacts on Canada's economy," said the statement, which offered no other details.

NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau blamed Harper for the economic mess and said they could do a better job of running the country's finances.

Harper repeated that his government is the best bet in uncertain economic times.

That's a message that the Conservative leader has been struggling to deliver as he fends off questions about how much his current chief of staff, Ray Novak, knew about Nigel Wright's controversial \$90,000 payout to Duffy in February 2013.

Harper said Monday the unstable global economy is the most important issue facing Canadians and urged them to stay with his party.

"Given the challenges around us, we need to stick with a long-term plan that has been working and will work," Harper said in Drummondville, Que.

Mulcair said Harper "put all his eggs in one basket" by focusing the Canadian economy on the oil and gas sector, which has been rocked by a downward price spiral.

Mulcair also chided Harper as the only Canadian prime minister to have presided over two recessions. THE CANADIAN PRESS



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A-MAIZE-ING MAZE FIELD OF HOPE This year's corn maze on the Hunter Brothers Farm in Florenceville, N.B., commemorates the 35th anniversary of Terry Fox's Marathon of Hope to raise funds for cancer research. "My dad met him right in front of the house," said Leigh Hunter, 22. "The field is only 100 feet from the road he ran along." Leigh helped his father, Chip, and uncle, Tom, to create the enormous image. HUNTER BROTHERS FARM/TORSTAR NEWS SERVICE

Cleaner finds, returns cash

GOOD DEED

Tourist was elated to have purse returned

A Windsor, Ont., housekeeper said she expected the usual haul of linens and towels when she began cleaning a room at a Days Inn hotel — not a bag filled with \$4,700 US in cash.

But when Jenn Zojac spotted the purse left behind by a guest who had already checked out, she didn't think twice before handing it in.

"It just seemed like something you're supposed to do," she said. "You find something in a room that means a lot to someone, you give it back to them."

After searching the bag for ID and finding the wad of cash instead, Zojac immediately turned everything in to the front desk manager, who helped track down the guest in Montreal and arrange for the money to be returned.

Zojac, who has worked at

the hotel for three years, said it would never occur to her to do anything but return the items guests leave behind.

She said she has been caught up in a "whirlwind" of attention online and in local news recently for what she did, but she assumes most people in her situation would have done the same. Zojac said the important thing is that she acted as a good role model for her children, who are thrilled with the attention Zojac is getting for her good deed.

"They think it's just the coolest thing ever," she said, adding that her son has been carrying around a copy of the local newspaper displaying Zojac's photo on the front page.

Hotel owner Tony Mujral said Zojac has set an example for not only her children, but all the hotel's workers.

"I like to think that when you do honest work it pays off," he said. "We, staff and management, are proud of her."

The guest left Zojac a small reward for her honesty.

THE CANADIAN PRESS



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Gun jam was opportunity to tackle train assailant

PASSENGERS HONOURED

Lone radicals growing terror threat: security experts

The gunman had an arsenal he claims to have stumbled upon in a park near the train station. Like three other men accused of drawing up failed plans for attacks in France recently, the suspect denied any links to terrorism, telling his lawyer he was homeless and wanted to rob a train only "to eat."

Instead, the assault rifle jammed, and he was tackled and bound with a necktie by three Americans and a Briton who were celebrated Monday with France's highest honour. Now, with many lives potentially saved on the high-speed train by quick-thinking and courageous passengers, the limits of a continent's worth of security were thrown into relief by a lone attacker during a less-sophisticated act of violence.

"I don't think we can rely entirely on the police, the law enforcement services. They will do their best. We can put in place the best intelligence networks, but somebody is probably going to get through at some stage."

"And my vision of this is that as citizens, we need to be prepared to think about how to act," Chris Norman, the British businessman who helped bind the suspect, told The Associated Press.

"We need to have it in our minds, because if I had never thought it before, then I prob-



From left: British businessman Chris Norman; Anthony Sadler, a senior at California State University; French President Francois Hollande; U.S. Airman Spencer Stone; and U.S. National Guardsman Alek Skarlatos at the Elysee Palace, Monday in Paris. Hollande pinned the Legion d'Honneur (Legion of Honour) medal on Stone, Skarlatos and Sadler, three long-time friends who subdued a gunman on Friday, Aug. 21, as he moved through a speeding train with an assault rifle strapped to his bare chest. Norman also jumped into the fray. MICHEL EULER/THE ASSOCIATED PRESS, POOL

ably would have just been sitting in a corner covering," Norman said.

With thousands of Europeans believed to be radicalized by propaganda from the Islamic State of Iraq and the Levant (ISIL), and legions of security forces guarding the most visible targets, governments are increasingly worried about the possibility of carnage by individuals, with little planning, in a setting where there is minimal or no security.

If the attack fails, terrorist groups simply ignore it. If it succeeds, they claim respon-



You don't have to be all that well-trained. There's one threshold: You have to be able to load the weapon.

Terrorism expert William Braniff

sibility for the work done by their "brother."

"This creates a really interesting dilemma for law enforcement. You don't have to be a mastermind or a sophisticated individual to kill a lot of people if you have weapons and they do not," said William Braniff, director of the National Consortium for the Study

of Terrorism and Responses to Terrorism. "You don't have to be all that well-trained. There's one threshold: You have to be able to load the weapon."

That, apparently, was something the gunman — identified as Ayoub El-Khazzani, 26, of Morocco — was unable to do, according to Spencer Stone, the U.S. airman who subdued

the attacker on a train from Amsterdam to Paris. Stone said he saw the man holding an assault rifle that "looked like it was jammed and it wasn't working."

ISIL has issued no comment on the failed attack. But on Sunday, a pro-Islamic State media group released a nine-minute video again calling on "Lone Lions" to kill Americans and Europeans.

"If it's a foiled attack, the most obvious reaction would be to deny," said Jean-Charles Brisard, a French security consultant and terrorism expert.

THE ASSOCIATED PRESS

SPACE STATION

Orbital research boozy

Spirits arrived at the International Space Station on Monday. Not the ghostly ones, but the kind you drink — distilled spirits.

The six astronauts won't be sneaking a sip. It's all for science.

A Japanese company known for its whiskey and other alcoholic beverages included five types of distilled spirits in a space station cargo ship. The station's big robotic arm — operated by Japanese astronaut Kimiya Yui — grabbed onto the supply craft launched Wednesday by his homeland. Flight controllers helped anchor it down.

The supply ship contains nearly 10,000 pounds of cargo, including the six liquor samples. Suntory Global Innovation Center in Tokyo wants to see if alcoholic beverages mellow in space as they do on Earth.

The samples will be used for experiments and will spend at least a year in orbit before being returned to Earth. An identical set of samples will be stored on the ground in Japan.

The experiment has NASA's blessing. Spokesman Dan Huot said all research flown to the space station is agreed upon by everyone involved. It's not the first liquor-related space study.

Japan also sent up 12 mice aboard the Kounotori vessel, Japanese for white stork, as part of an aging study.

NASA has considerable equipment aboard the supply capsule. Many are replacements for items lost in the failed SpaceX supply run at the end of June. The Florida launch accident destroyed everything on board. The replacements include spacewalking equipment, an emergency breathing kit, toilet wiring and parts for the water recycling system.

The 250-mile-high outpost was in need of fresh supplies, after losing three shipments in eight months. SpaceX remains grounded, as does another U.S. supplier, Orbital Sciences Corp., which suffered a launch explosion last October in Virginia. A Russian cargo ship went out of control in April and was destroyed on re-entry, but the country has since corrected the problem and resumed deliveries.

U.S. astronaut Scott Kelly — who last week said the delivery was "very important" given the circumstances — welcomed the stork.

"Great job by my crewmates," Kelly said via Twitter.

THE ASSOCIATED PRESS

PHILADELPHIA

Inmates building Pope chair for visit

Inmates in the Philadelphia prison system are creating a stately chair to give to Pope Francis when he visits next month.

At a prison workshop on Monday, inmates worked to sand and refinish the wooden chair, which stands nearly six feet tall.

Another group of inmates previously hand-carved the piece out of walnut. Soon, it will be sent to nearby Curran-Fromhold Correctional Facility to be upholstered by other inmates.

Francis plans to go there Sept.



MICHAEL PEREZ/THE ASSOCIATED PRESS

27 to meet with about 100 inmates and some of their relatives during a two-day trip to the city.

Francis has made prison ministry a focus of his pontificate. He meets frequently with inmates and on two occasions washed prisoners' feet during pre-Easter rituals.

THE ASSOCIATED PRESS

IN BRIEF

No more known Ebola cases in Sierra Leone

Health authorities in Sierra Leone released the country's last known Ebola patient from a hospital on Monday, a milestone that allows the nation to begin a 42-day countdown to being declared free of the virus that has killed nearly 4,000 people there. Sierra Leone must go 42 days — equal to two incubation periods of 21 days — in order for the World Health Organization to make such a declaration.

THE ASSOCIATED PRESS

SPAIN

Untrained woman lands private plane

A Spanish woman who had never flown a plane brought a micro-light aircraft in for a crash landing after her pilot husband lost consciousness during the flight, officials said Monday. She was recovering in a hospital in the southern city of Seville.

An emergency services spokeswoman said the woman "had no notion" of flying and air traffic controllers talked her through the procedure for some 90 minutes before she attempted the emergency landing

on Sunday.

The woman's husband died but it was not clear if that happened before or after the crash in an orange grove, three kilometres short of the runway at Seville's airport.

A hospital spokesman said Monday the woman suffered multiple injuries but her life was not in danger.

The officials spoke on condition of anonymity in keeping with their job regulations.

THE ASSOCIATED PRESS

KIDNAPPING

Pakistan rescues hostage of Taliban

A Chinese tourist held captive for more than a year by the Taliban in Pakistan has been freed by the country's security forces and intelligence agencies, authorities said.

China's state-run Xinhua News Agency identified the hostage as Hong Xudong, who was abducted in May 2014 near the northwestern Pakistani city of Dera Ismail Khan. Hong, who is from central China's Hubei province, had entered the country from India and had been travelling around Pakistan by bicycle.

Pakistani Interior Minister Chaudhry Nisar Ali Khan announced the rescue of a Chinese hostage late Sunday night, without naming Hong. Xinhua,

citing a statement from the Chinese Embassy in Islamabad, said Hong was rescued Saturday and handed over to their diplomats on Sunday, without elaborating.

The kidnapping was claimed by a splinter group of the Pakistani Taliban. The group has killed tens of thousands of people in Pakistan over the last decade. Security forces have been aggressively targeting militants since a Taliban attack on a military school in Peshawar killed 150 people.

Over 300 suspected members of different banned groups have been detained in recent days in central Pakistan, counterterrorism officer Shabana Saif said.

THE ASSOCIATED PRESS

PEACE TALKS

Two Koreas move away from brink

South Korea has agreed to halt propaganda broadcasts at noon after North Korea expressed regret over a recent land mine blast that maimed two South Korean troops, the countries announced after three days of intense talks aimed at pulling the rivals back from the brink of war.

During the talks at the border village of Panmunjom, North Korea also agreed to lift a "quasi-state of war" that it had declared last week, chief South Korean negotiator and presidential security adviser Kim Kwan-jin said in a televised briefing.

Kim said the two Koreas will hold talks to improve their ties soon in either Seoul or

Pyongyang.

The announcement came after the second round of negotiations the rivals began Saturday after events at their heavily guarded border pushed them toward a possible military confrontation.

Both sides had wanted a face-saving way to avoid an escalation that could lead to bloodshed.

Pyongyang had denied involvement in the land mine explosions and rejected Seoul's report that Pyongyang launched an artillery barrage last week. It was not clear whether North Korea's expression of regret meant it was now admitting its involvement.

THE ASSOCIATED PRESS



SWITZERLAND POLICE CAR PULLED FROM RHINE The Swiss army helps to recover a German police car from the Rhine River in Mumpf, Switzerland, on Monday. The vehicle disappeared into the Rhine in June 2013 when police officers forgot to apply the handbrake during a police control. A hobby diver discovered the wreck a week ago, around two kilometres from the accident scene. PASCAL BLOCH/KEYSTONE VIA THE ASSOCIATED PRESS

Roomie found dead

LOUISIANA

State trooper murder suspect accused of second killing

The roommate of a man arrested in a Louisiana state trooper's death was found dead Monday, and the suspect is also suspected in this case, a sheriff said.

The man was found dead Monday in a home he shared with Kevin Daigle, 54, in Moss

Bluff, Calcasieu Parish Tony Mancuso said Monday at a news conference.

He said a deputy went by the home Monday morning after authorities were notified that the roommate had not arrived at work. The deputy found the roommate dead amid signs of a struggle. The roommate's name was not immediately released.

"We are just now processing the scene," he said. "We really don't have a lot of answers."

Senior Trooper Steven Vincent, 43, died Monday, a day after an apparently stranded motorist shot him in the head



Senior Trooper Steven Vincent. LOUISIANA STATE POLICE/ THE TIMES PICAYUNE VIA THE ASSOCIATED PRESS

and then stood over him to tell him he was going to die soon,

state police said.

Authorities plan to charge Daigle with first-degree murder in the trooper's slaying. Vincent had been trying to help a man whose pickup truck was stuck sideways in a ditch, Col. Mike Edmonson said.

Edmonson said Daigle, 54, of Lake Charles, was under arrest at a hospital.

Sgt. James Anderson, southwest Louisiana spokesman for state police, said Daigle was hospitalized for some scrapes and other injuries he sustained while the other motorists subdued him.

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IN BRIEF

TransCanada reaches deal with gas companies on Energy East project

TransCanada Corp. resolved a major challenge to its \$12-billion Energy East project after reaching an agreement with three natural gas distributors who say the deal insulates customers from the additional costs of converting the pipeline. Under the agreement announced Monday, customers in Ontario and Quebec won't be on the hook for extra construction and development costs and will save \$100 million between 2018 and 2050, the natural gas companies said.

"Whoever will be using the system at that time will pay less than they would have otherwise if Energy East had not been going forward," said Gaz Metro CEO Sophie Brochu said. THE CANADIAN PRESS

market minute

**DOLLAR**

75.40¢ (-0.54¢)

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13,052.74 (-420.93)**OIL**
\$38.24 US (-\$2.21)**GOLD**
\$1,153.60 US (-\$6.00)**NATURAL GAS:** \$2.65 US (-3¢)
DOW JONES: 15,871.35 (-588.40)

Students need better budget training: CIBC

POST-SECONDARY EDUCATION

About 51% will be out of money by end of school year

If past practice is any indication, the majority of post-secondary school students will likely run out of money before the school year ends — and end up turning to the Bank of Mom and Dad for help.

A new poll from CIBC has found that 51 per cent of post-secondary students tapped their parents for additional financial support last year because they ran out of money.

And according to the bank, there wasn't much difference between students from higher- and lower-income families.

CIBC said some 48 per cent of students from families with household incomes of more than \$125,000 tapped their parents for extra cash, compared

with 52 per cent from families with household incomes of less than \$75,000.

Sarah Widmeyer, managing director and head of Wealth Advisory Services at the bank, said that even though 86 per cent of parents surveyed considered themselves good role models for financial planning, some students were treating their parents like personal ATMs.

Widmeyer said young people need to understand that their parents may not always be willing or able to dispense extra cash and that being taught basic financial and budgeting skills before they go off to college or university is essential.

"Clearly, being a good financial role model doesn't mean your children will understand how to manage their own finances," she said.

"That's why it is so important to teach them the importance of balancing a budget in their early teens because it's a much a tougher lesson to learn when they are off living on their own for the first time in their lives."

The online survey was conducted Aug. 13-17 among 1,001 Canadian parents who are Angus Reid Forum panellists.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population.

“It's a much tougher lesson to learn when they are off living on their own for the first time.”

Sarah Widmeyer on teaching teens how to balance budgets.



According to the CIBC poll, students rely on their parents regardless of their economic sphere. The poll found that 48 per cent of students from families with household incomes over \$125,000 still asked their parents for help. ISTOCK

ASHLEY MADISON

Police confirm extortion

The hack of the cheating website Ashley Madison has triggered extortion crimes and led to two unconfirmed reports of suicides, Canadian police said Monday.

The company behind Ashley Madison is offering a \$500,000 reward for information leading to the arrest of members of a group that hacked the site.

Hackers last week released detailed records on millions of people registered with the website, a month after a break-in at Ashley Madison's parent company, Toronto-based Avid Life Media Inc. Toronto Police acting staff-Supt. Bryce Evans said the hack is "one of the largest data breaches in the world."

Evans said the hackers released the entire Ashley Madison client list, which claims to have more than 30 million users worldwide. Evans did not offer details on the unconfirmed suicides. THE ASSOCIATED PRESS

TECHNOLOGY

LG unveils new G Pad

Following on the heels of the unveiling of its second generation 8-inch G Pad earlier this month, LG announced on Monday that it has come out with a new version of the Android tablet.

The 10.1-inch G Pad II comes with a larger display, a boost in hardware with 2 GB of RAM and a 2.26 GHz Snapdragon 800 processor. The company has not announced an official launch date or price for the tablet. AFP

INVESTMENTS

Financial plans, risk tolerance critical amid stock market plunge

The plunge in the stock markets in recent days may have rattled investors, but a financial adviser says the drop is a reminder of the importance of understanding your risk tolerance and building a strong financial plan.

The S&P/TSX composite index is down more than 15 per cent from its high reached last year, while the Dow Jones industrial average is off more than 10 per cent from its high reached earlier this year.

"If you are telling me today that your risk tolerance is not what you thought it was and you're in the wrong model and you don't want any downside losses, then we have some things to chat about," said



A New York Stock Exchange trader talks on his phone.

SETH WENIG/THE ASSOCIATED PRESS

Brent Vandermeer, a portfolio manager with HollisWealth.

If the plunge in the mar-

kets has rattled your nerves and you've realized that you really can't tolerate the risk like thought you could, Vandermeer recommends making changes to your portfolio now.

"You can't postpone and hope that tomorrow is better," he said. "The trend is usually persistent for a while."

The drop in the market follows a move by China earlier this month to devalue its currency amid concerns about growth in its economy.

The stock market has also been fuelled in recent years by the flood in cheap money made available by central banks, which helped keep interest rates low.

THE CANADIAN PRESS

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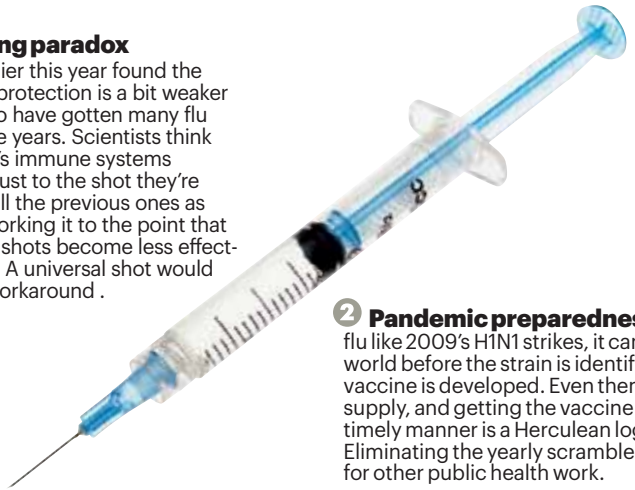
Despite decades of research, we still can't use nuclear fusion to make clean electricity. But scientists meeting in Saskatchewan this week may be close to cracking the code.

THE BIG THING: A FLU SHOT TO END ALL FLU SHOTS

Nobody likes needles. The flu shot — though safe and effective — may be the most hated of all, not least because it requires a new jab every year. The science of guessing what strain will dominate sick rooms and emergency rooms in any given season is inexact (last year, the Canadian shot was only about 23 per cent effective against the flu that was going around). New research could potentially change that. In two successful studies published this week, an experimental vaccine using a part of the virus that is universal to all types of flu apparently worked pretty well at generating immunity in mice and ferrets. If human trials show the same, it could be great news for the fight against flu. SOURCE: NATURE MEDICINE, SCIENCE

1 A puzzling paradox

Research earlier this year found the flu vaccines' protection is a bit weaker in people who have gotten many flu shots over the years. Scientists think those people's immune systems respond not just to the shot they're getting, but all the previous ones as well — overworking it to the point that additional flu shots become less effective over time. A universal shot would be a handy workaround.



3 One more shot Misinformation about the supposed "dangers" and ineffectiveness of vaccines spreads faster than an airborne virus around the Internet, despite having no basis in fact. Convincing people to make time for a flu shot every year isn't getting any easier. A single jab that protects again all strains of flu — incorporated into the usual vaccinations required for school — would be an epidemiologist's dream.

2 Pandemic preparedness When a nasty seasonal flu like 2009's H1N1 strikes, it can be halfway around the world before the strain is identified and a targeted vaccine is developed. Even then, demand often outstrips supply, and getting the vaccine where it needs to be in a timely manner is a Herculean logistical challenge. Eliminating the yearly scramble could free up resources for other public health work.

Explaining aboriginals' mixed feelings on voting

BIRCHBARK BITINGS

Niigaanwewidam
James Sinclair



Last month Assembly of First Nations National Chief Perry Bellegarde called on indigenous peoples to "get out and vote" in this fall's election.

If First Nations voters "send the strong message this time around that our votes matter," Bellegarde declared, "it could have a huge impact."

Hundreds of indigenous leaders have followed suit, and this election is expected to see the highest participation of First Nations voters since Prime Minister Diefenbaker gave us the right in 1960. In addition, many indigenous candidates are running for office. Indigenous issues are mentioned regularly during campaign stops.

Long ignored, indigenous peoples are a part of today's national electoral conversa-

tion. The challenge is that many First Nations do not vote for legitimate reasons.

Some don't believe parties' promises of funding for currently inequitable education and health systems, inquiries into murdered and missing indigenous women or justice for long-standing land claims. So they don't see a viable option. Many reasons, however, go much deeper.

A big one is that many indigenous peoples maintain the position (via documents like treaties) that First Nations are autonomous nations — and to vote in another nation is like a French voter voting in a Belgium election.

Another is that Canada continues to institute an ongoing cycle of violence (see: the oppressive Indian Act), and for indigenous people to participate in a system that refuses to change is to be complicit in their own abuse.

Yet another reason argues that energy is better spent

on building the autonomy, government and sense of community for indigenous nations than on buying into false notions of Canadian "unity."

At the same time, it's hard to argue with Bellegarde. In 51 electoral ridings, indigenous voters are the majority. Their votes could make the difference between a majority and minority government.

It's also hard to argue with critics of voting. After nearly 55 years, Canadian politicians have failed unilaterally to serve indigenous voters, and many socio-economic indicators show that many indigenous peoples are worse off now.

Today, there is no more pressing issue in Canada than reconciliation with indigenous peoples. As evidenced in the struggle over the Harper government's energy agenda, First Nations hold the keys to any economic future involving resources such as oil and

water.

Unless Canada finds another way, indigenous peoples have to be meaningfully engaged in federal politics.

To some aboriginal people, this country has seemed like a big, happy party, and they've been on the outside looking in.

Now that they've been invited, some don't want to enter. Others, like those who work in institutions such as universities, often work for both better indigenous governance and better representation at the federal level. I vote, but certainly understand my relations who don't.

For Kanata (Iroquoian for "village") to truly live up to its name, this Oct. 19 must be a step in a direction where both paths can be reconciled.

Niigaanwewidam (Niigaan) James Sinclair is a writer, activist, and Department Head of Native Studies at the University of Manitoba.

metroview

Liberals: Millennials are not in the mushy political middle

Dan Darrah
For Metro

"I want to vote Liberal, but I just can't."

It's a phrase I've heard muttered in university bars, and it's usually shorthand for the futility of Liberal pandering.

For much of our history, the Liberals catered to a broad "public" consisting of groups — middle class workers, socially liberal yuppies, small-business owners — whose support has been gradually siphoned off by the Conservatives and NDP. The party's response was to elect Justin Trudeau as leader, extending an olive branch to young voters.

It's a sensible strategy, and the campaign presented a clear opportunity to make good on it. As a young voter, I can tell you the Grits have our attention. Many of us believe in legalizing and regulating marijuana; the Liberals agreed before it was politically popular. Many of us think raising taxes on the rich will help address income inequality; the Liberals have pledged to raise income taxes on high earners.

Meanwhile, the NDP promises raising taxes is "not on the table." And there's the surfaced footage of NDP Leader Thomas Mulcair lauding former U.K. Prime Minister Margaret Thatcher's policies. As a rule, young voters are not fans of Thatcher-style neo-liberalism and trickle-down economics.

Such could be the basis of Liberal gains at the NDP's

expense. But the Grits are blowing it by falling back on an old habit: Pandering to too many crowds, many of which are lost causes as voters.

It's not very likely Conservative voters will stray from the Tories because the Liberals supported anti-terrorism legislation the incumbents introduced. Yet Trudeau instructed his caucus to support C-51, a contentious bill Millennials have widely derided as an affront to digital privacy. In so doing, he sent throngs of young voters to the NDP.

The Liberals' C-51 play stands in for many politically insecure stances. Their record under Trudeau suggests the party's ideal voter is someone who wants a government concerned about personal liberty but only occasionally interested in upholding it; moderately concerned about the environment but unsure if the answer is cap-and-trade, a carbon tax or nothing at all; supportive of the middle class but not to the extent of implementing a federal minimum wage or national child care.

The NDP has its base. The Conservatives, theirs. Liberals dominated the 20th century by occupying the mushy middle; not turning anyone off. But the 20th century is over. In the 21st, the Grits' wishy-washy platform is turning off young voters when they're needed most.

Dan Darrah is a public policy student at Ryerson University and an editor at Critical Perspectives (criticalperspectives.org)

Rosemary Westwood will return next week.

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THE MEANING AND DESIGN OF A PROBLEM SEEM NOT TO LIE IN ITS SOLUTION, BUT IN OUR WORKING AT IT INCESTUALLY.

CARL JUNG

Stephanie Seymour the new face of The Room at the Bay

How safe are your skin spots?

AGING

How doctors assess skin patches and pigmentation

Middle age often carries with it a number of advantages, one of which is a clearer complexion. But as acne becomes a distant memory for most people, other issues arise to plague aging skin.

Sun spots, age spots, liver spots, granny warts — whatever you call them, brown pigmented spots are common eruptions as we age.

Dermatologists don't use these terms, knowing that what one person calls a liver spot another will call an age spot. But assessing and excising these pigmented spots is a daily event for skin doctors.

"Pigmented lesions and brown spots are a huge part of dermatology," says Dr. Lisa Kellett, a Toronto dermatologist who works at the clinic DLK on Avenue.

"Sometimes they just want reassurance," Kellett says of the patients she sees with these skin spots.

"And other times they say, 'You know, I really hate the

look of this. Can you get rid of it for me?'"

There are two main types of these pigmented brown spots, solar lentigines and seborrheic keratoses. The good news is that both are benign; they are not early manifestations of skin cancer.

But people should not self-diagnose what they are seeing, Kellett says. She tells her patients she wants to see them if they develop new spots or moles, or if existing ones change.

Protection Most people use much less sunscreen than they need

Dr. Benjamin Barankin agrees. Medical director of the Toronto Dermatology Centre, Barankin says these types of pigmented brown spots are not directly linked to a higher risk of skin cancer. But these spots pop out when people are older — which is also the time when the risk of developing cancerous melanomas increases.

As well, people who have these spots may become complacent — taking reassurance from the fact they were once told those brown patches aren't skin cancer — and miss a melanoma hiding among an array of pigmented spots on their backs, Barankin says.

So what are solar lentigines and seborrheic keratoses?

Let's start with lentigines. You may never have heard the term, but if you can picture the hands of an elderly white adult, you probably know what they are.

As freckles can dust the nose and the cheeks of some fair-skinned folks, brown spots can mottle the skin on the back of some aging hands.

Lentigines or lentigos are like freckles, says Barankin. But where a true freckle will fade in the winter when sun exposure is limited, these spots do not go away on their own.

Lentigos are the result of sun exposure. If you are fair skinned and you don't want them dotting the backs of your hands, limiting sun exposure or protecting your skin with a sunscreen with a sun protection factor, or SPF, of at least 30 is advised.

Slather it on, says Barankin, who notes most people apply about one-third to one-half of the recommended amount of

sunscreen.

Some commercial bleaching creams will help fade these spots, but may not get rid of them entirely if they are dark and have been on the skin for a while.

Dermatologists can zap these spots off using either a laser or liquid nitrogen. The procedure is not covered by health care. And if your skin is prone to developing lentigines, unless you protect it from the sun you will likely develop more.

The other type of pigmented brown spot is a seborrheic keratosis — or keratoses, if you have more than one. People who develop these crusty, dark brown spots often do.

Barankin sees patients with dozens of these spots, which are generally found on the

torso. They are not caused by sun exposure.

"You cannot prevent them," he says. "It's your genetics and getting older."

Dermatologists can also zap off seborrheic keratoses, using the same techniques as they do for lentigines.

"For the flat ones, it has a success rate of between 85 and 90 per cent with one treatment," Kellett says of laser therapy. "It depends on how thick it is. The thicker they are, the more difficult they are. But it's a very good

treatment."

Really thick keratoses that have been around for a while may need to be cut out, she notes.

And both she and Barankin say if you don't like these spots, it's easier to get rid of them when they are new.

"Whether it's the keratosis or the lentigo, they will come off easier the earlier you get at them," Barankin says.

THE CANADIAN PRESS

PRODUCTS

Keep your summer holiday glow, from head to toe

Summer is winding down, but that doesn't mean you have to submit to the winter blues without putting up a fight. If you want to carry your sun-kissed glow into the autumn then here are some tips.

Skin

The key words here are exfoliation and moistur-



izing. Get rid of rough patches with a store-bought scrub or whip up your own DIY one using ingredients such as sugar, sea salt and natural oils. Regular and intense hydration is the secret to keeping

your tan locked down, so consider investing in a rich moisturizer like the new Body Shop Mega Olive Body Butter, made with Fair Trade organic olive oil.

If you want to cheat a little (hey, there's no harm) then add a little fake tan into the mix to maintain that vacation vibe.

Nails

Keep your nails summery



with fresh nail polish such as the plum shade from Essie's Flowerista series for Spring/Summer 2015, inspired by colourful blooms and ranging from rich nudes to a strong fuchsia vibe.

Hair

If you find yourself with blonder strands than usual at the end of the

summer then using highlight enhancing products might help keep them around. Or, head to the salon for a few professional highlights to keep things summery. Bronde is the hottest hair colour of the moment, and can be recreated at home. When it comes to styling, keep those beachy waves in the picture with the help of a sea spray such as Sachajuan's Ocean Mist Texturizing Spray, which promises the texture and smell of a hard day's surfing. AFP





Two scenes from Swimrun in May. FREDRIK ERIXON/HANDOUT

Swimming and running their way to the finish

COMPETITION Swedish competition is among hardest races in world

Swim a little, run a little — make that a lot — as you navigate fresh trails, choppy water and extreme temperature transitions with a magnificent landscape as the backdrop. That's what to expect from a Swimrun — a Scandinavian trend spreading far and wide.

There's no such thing as an indoor Swimrun: Natural courses span through forests, across rivers and over islands — basically anywhere that's off the beaten path.

Swimrunners race in teams of

two, and because the courses are so hardcore, a minimum age of 18 is required for most competitions.

From start to finish, teams bring their equipment, which includes wetsuits to keep them insulated; northern waters are frequently just 10 degrees Celsius, even on the hottest days.

Water and food checkpoints are positioned throughout the course, along with medical staff to survey the athletes in case of an emergency.

The simple blend of trail running and open water swimming started in Sweden, where extreme sports enthusiasts and a rocky, ragged archipelago gave way to ÖTILLÖ, the original Swimrun race that later became the Swimrun World Championship.

At ÖTILLÖ, teams skim a total of 26 islands off the coast of Stockholm, covering a distance of 75 kilometres, 10 of which are crossed by sea.

They make a total of 52 transitions, hopping in and out of

the water and sprinting across the islands.

Swims range in length between 100 and 1,780 metres and runs are between 70 and 19,700 metres, according to event organizers.

The dawn-to-dusk race was conceived in 2002 by Anders Malm of Utö, Sweden, and his colleagues when they challenged each other to a casual version of the race. The last team to hit a predetermined restaurant had to pay for what the teams that arrived before them had ordered.

Known as the founders of Swimrun, Michael Lemmel and Mats Skott commercialized the sport in 2006 and the trend started its journey across Scandinavia.

As word of the trend spread, spinoff races started cropping up along ragged coastlines including the Norwegian fjords, drawing an increasingly international crowd each time.

The Swimrun World Championship will celebrate its 10th

IN SWITZERLAND

Canada for the win

Last year, in a competition in the Engadin valley in the Swiss Alps, Swede Björn Englund and Canadian Paul Krochak won the race that was a mix of trail running and swimming for a total of 52 kilometres in mountain terrain.

They crossed the finish line in 06:28:10, beating the second-place win by half an hour. METRO

anniversary Sept. 7, when 120 qualifying teams — the best of the waiting list of 550 — will sweat and shiver it out for what is becoming renowned as one of the toughest races in the world.

The final list of participants represents more than 23 nationalities and an Alpine version of the sport is hitting the mountains. AFP

EXERCISE

Five outdoor activities to tone your body by fall

Exercising outdoors is the new big thing and fitness coach Th  tis Guimbioko has come up with five easy exercises you can do using what's around you.

On the ground

Squats are a great way to strengthen your thighs and buttocks.

Start in a standing position, with shoulders broad and back straight, feet at waist width and toes aiming slightly towards the outside. With your body weight on your heels, bend your knees and lower your body, making sure your knees do not pass your toes, until your legs form a 90-degree angle.

Do five sets of 10 reps with a 30-second rest in between.

On a chair

This exercise is normally done standing up, but starting in a seated position is an alternative for beginners.

While sitting in a chair, the goal is to work the oblique abdominal muscles. Place your hands behind your head and keep your knees at a 90-degree angle. Rotate your upper body to the left and then return to the middle before rotating to

the right.

Continue these rotations for three to five minutes. Inhale on one side and exhale on the other. This is an ideal exercise to slim the waist.

On a bench

The starting position for this exercise will have your hands holding the bench behind you and supporting your body, straight and extended, at a 45-degree angle to the ground.

Basically this is a mix of a reverse pushup and a dip. You'll want to lower your body until you touch the bench and then push yourself back up.

There's no better way to strengthen the muscles on the back of your arm. Do five sets of 20 reps with a 30-second break in between.

Against a fence

If pushups are too difficult for you, this exercise using a fence is a great alternative.

Lean into the fence at a 45-degree angle, in basic pushup position. Make sure your hands are holding the fence at shoulder height and then lower yourself until your chest touches it. Exhale on the way down and then



Don't forget to stretch. ISTOCK

inhale as you push yourself back up. Take care to keep your body straight throughout.

Do five sets of 20 reps with a 30-second rest in between. Perfect for working the shoulders and arms.

In a stairwell

One of the best cardio exercises you can easily do is climbing stairs. Quick bursts up a set of stairs will burn calories and tone your buttocks, thighs and calves.

Find a staircase that's not too long and, keeping your body as upright as possible, race up and then turn around and come back down.

Do five sets of five with a break in between sets that lasts as long as the activity itself. AFP

Bhindi Domestic Short Hair

Three-year-old Bhindi came into our care in March after being surrendered by her owner making her one of our longest standing residents. She has spent time in loving foster care but now it's time for her to find a forever home. Lovable Bhindi will roll over onto her back when someone stops by to visit ... she loves attention and has a cheerful, chirpy meow. She is mellow, yet engaging and would thrive in a quieter, child-free home. **If you have room in your heart and home for this beautiful girl, please visit her today.**



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A chance to build a unique community

Living away from home for the first time

If Hollywood movies are to be believed, living on campus is just one big, non-stop party. The reality, of course, is quite a bit different.

"It's not at all comparable to what people see in movies and on television in terms of partying and general debauchery," says Melinda Scott, dean of students at University College, University of Toronto.

Besides, there are plenty of other things that should be higher up the priority list for those preparing to live away from home for the first time.

WHAT SHOULD I BRING?

The daily essentials — sheets, towels, bathrobe, shower caddy, a small fan — plus a few tastes of home.

"(Students should) make sure they've brought some posters, some pictures of family and friends," Scott says. "Things that will

make the space feel like their own base so that they're getting comfortable and settled."

Make sure to read up on the specific rules at your residence about what is and isn't allowed, and don't bring big, bulky items in September (wait until Thanksgiving or the winter break, once you have a sense of the space).

"Remember that sometimes 'less is more,'" says Laura Huxley, residence area co-ordinator at the University of Alberta. "Think carefully about what you'll need while at school and try to bring only what you're sure you'll want or need to have with you."

WHAT SHOULD I EXPECT?

Students all have their personal preferences when it comes to cleanliness, food, noise, shared space and other issues. But everyone living on campus must be prepared to communicate and get along for the greater good.



SHUTTERSTOCK

"When people come in mentally prepared to compromise and live with others and understand different people will bring different things to that living environment, it tends to go a lot more smoothly," Scott says.

WHAT SHOULD I DO?

Get your work done, of course. But don't cloister yourself away in your room studying

— living in residence is a great opportunity to build a unique community.

"There are so many events and so many things going on in residence — go to some of them," says Woo Kim, a student development officer at the University of British Columbia. "Open your bedroom door and say hello to people on your floor."

— Daniel Squizzato

SET GOALS FOR SCHOOL YEAR

Entering college or university can be one of the most daunting experiences in a young person's life. So with a new academic year upon us, we have collected some tips for students beginning their post-secondary journeys this September.

SET GOALS FOR THE YEAR. The first month of school will be a blur, so before September hits, write down your goals to help focus your efforts.

"Take some time to reflect about what it is (you) want to accomplish," says Cheryl Shook, assistant principal at Woodsworth College, University of Toronto. "For instance, 'I want to do well academically,' or 'I want to meet new and interesting people.'"

REMEMBER, YOU AREN'T ALONE. "All students that go to university go through it together," says Joel Aspden, a campus ambassador at the University of Alberta in Edmonton. "You're not expected to know everything before you arrive."

ASK QUESTIONS. Students sometimes find it tough to seek assistance, Shook says. But students need to be proactive, not passive, when it comes to figuring out post-secondary life. "Whatever school (students) go to, university or college, there's a whole lot of people and resources that are there for them," Shook says. "They just need to figure out how to access them."

— Daniel Squizzato

Are You Preparing for University?

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University Prep Biology

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Jan 8 - Apr 15, 2016, Fri, 1:30 pm - 4:30 pm

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Sep 14 - Dec 9, 2015 (TERM I) and Jan 4 - Apr 6, 2016 (TERM II), Mon & Wed, 10:05 am - 11:25 am

Academic Math Accelerated

Jan 5 - Apr 14, 2016, Tue & Thurs, 1:30 pm - 4:05 pm

Pre-Calculus Plus

Sep 14 - Dec 9, 2015 (TERM I) and Jan 4 - Apr 6, 2016 (TERM II), Mon & Wed, 12:35 pm - 1:55 pm

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Barber bridges 12-year gap with pole vault gold

WORLD CHAMPIONSHIPS

Canadian soars above rest to be first podium topper since '03

Growing up on the family farm in New Mexico, pole vaulting was a game to Shawn Barber, like road hockey or hopscotch — a chance to compete against his brother Braden and an excuse to stay out late on hot summer nights.

That pure love of the sport has never left the 21-year-old Canadian, and at the world track and field championships Monday, he drew on every bit of it to win gold — Canada's first at the worlds in more than a decade.

"You're going to have nerves coming into a big meet like this, but my whole goal was to keep my head down and make sure I remembered to breathe, and that's the biggest thing for me,"



I didn't even know it was a sport until a couple of years into it, I was just doing it for fun.

Canadian pole vault gold medalist Shawn Barber

Barber said. "And have some fun out there. Enjoy yourself. You only get to do this every once in a while."

Barber was the only jumper to clear 5.90 metres on his first attempt, which was good enough for gold in a star-studded field. Defending champion Raphael Holzdeppe captured silver.

Renaud Lavillenie of France, the world-record holder and an Olympic gold medalist, shared the bronze with Pawel Wojciechowski and Piotr Lisiek, both of Poland.

The medal is Canada's fourth of the competition and the country's first ever in pole vault. It was Canada's first gold since Perdita Felicien won the 100-metre hurdles in 2003 in Paris. Barber, who calls Toronto his hometown but grew up in the U.S., competes for Canada partly because his dad George did, including at the 1983 world championships.

The Canadian-born George Barber gave Shawn his first sawn-off pole at the age of four. The Barber boys would leap irrigation ditches on the family farm before George installed a proper pit, under the cover of an old airport hangar.

Asked if he ever dreamed of a world medal, Barber said: "No way. I didn't even know it was a sport until a couple of years into it, I was just doing it for fun. It's a great past-time for me so far, and for me to be able to come out here and showcase these



Shawn Barber of Canada cleared 5.90 metres on his first try, to take gold in the men's pole vault final at the world track and field championships on Monday in Beijing. CAMERON SPENCER/GETTY IMAGES

talents to everybody is a great experience."

The six-foot-two redhead laid down an impeccable performance at the Bird's Nest Stadium in Beijing, clearing every height on his first attempt. Barber and Holzdeppe, the only other jump-

er over 5.90, then missed on all three attempts at 6.00.

The senior Barber still coaches his son, who is coming off an NCAA title in his senior season at Akron University, and a gold at the Pan American Games in Toronto.

Barber won bronze at last summer's Commonwealth Games, but has been the picture of consistency, rewriting his Canadian record so many times, he's lost track of the number. It currently stands at 5.93.

THE CANADIAN PRESS

IN BRIEF

IndyCar driver Wilson in coma after Pocono crash

With Justin Wilson fighting for his life in a Pennsylvania hospital, IndyCar faces yet another crisis as the series prepares to crown its champion.

Wilson remained in a coma and in critical condition Monday with a head injury. The 37-year-old father of two was struck by a large piece of debris from another driver's car following a single-car accident Sunday at Pocono Raceway.

A heavy piece of the nose from Sage Karam's car appeared to strike the British driver in the head before the debris ricocheted high into the air. Wilson did not appear to have control of his car as it veered left and directly into an interior wall. THE ASSOCIATED PRESS

Team Russia fined for walking out on Canada

The Russian Hockey Federation was fined \$85,000 Monday over the national team snubbing Canada's victory celebrations after the world championship final.

The sport's governing body, IIHF, said Russian players deliberately left the ice before the Canadian anthem was played on a signal from captain Ilya Kovalchuk. The Russian federation had claimed its players had been confused after the rink-side gate was left open and took that as a signal to leave following the 6-1 loss in Prague. THE ASSOCIATED PRESS

NFL hall-of-famer Carter sorry for 'fall guy' remark

Hall of fame receiver Cris Carter has issued an apology for telling NFL rookies at a league symposium in 2014 that they should "get a fall guy" to help them avoid trouble.

Carter posted his apology on Twitter after an ESPN article drew attention to the remarks he made during a presentation last year. He told a group of rookies from NFC teams that if any of them were to get into trouble off the field, it was important to have someone who would step forward and take the blame. THE ASSOCIATED PRESS

ATHLETICS

Decision time for De Grasse

Moments after Andre De Grasse raced to bronze at the world championships against one of the finest 100-metre fields ever assembled, the questions began.

What's next? Will you turn pro? The 20-year-old from Markham, Ont., faces a huge seven-figure decision over the next few weeks — whether to run his senior season at the University of Southern California, or sign with one of the dozens of agents clamouring to work with the young star.

De Grasse has talked about returning to school in the past,



Whatever my mom says, that's my goal

Andre De Grasse

but didn't sound so sure Sunday night. "A lot has changed right now. I just got a bronze medal. I've got to talk to my coach and make what's best for me and my family, so we'll go from there," De Grasse said.

"Whatever my mom says, that's my goal, to get my degree

first," he hastily added.

De Grasse was offered a seven-figure shoe deal, a source told The Canadian Press back in June — well before Sunday's breath-taking race for bronze at the Bird's Nest Stadium, and even before his double-gold Pan American Games performance in July.

He's a marketer's dream. The track-and-field version of basketball star Andrew Wiggins, De Grasse is young, humble, likable and oozing with potential. And the 100-metre sprint is the glamour event of the Olympics.

THE CANADIAN PRESS



Ontario's Andre De Grasse, 20, has the world at his feet and the offer of a seven-figure shoe deal. CHRISTIAN PETERSEN/GETTY IMAGES

5

THE 1992-93 WORLD SERIES CHAMPS: WHERE ARE THEY NOW?

The Toronto Blue Jays are in first in the American League East and looking like a serious post-season contender for the first time since they won the 1993 Fall Classic. Here's a look at five members of the 1992 and 1993 World Series champion Blue Jays and where they are now. THE CANADIAN PRESS

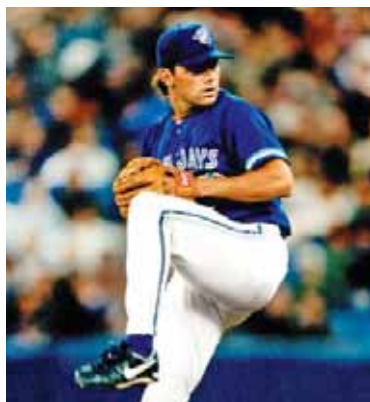


1 Kelly Gruber

Blond-haired third baseman Gruber was the first player in Blue Jays history to hit for the cycle, earning four hits in six at-bats on April 16, 1989.

However, Gruber's best known for his role in a non-call in Game 3 of the 1992 World Series. He made a diving tag on Braves baserunner Deion Sanders' foot between second and third base to record the final out of a triple play. The second-base umpire ruled Sanders safe. Gruber tore his rotator cuff on the play but he still hit a key game-tying home run in the eighth inning, and the Jays would go on to win the game and the Series.

Today, Gruber holds baseball seminars and does public appearances as a motivational speaker for charitable organizations.



2 Pat Hentgen

The right-handed pitcher came out of the bullpen throughout the 1992 season with a total of 50-1/3 innings pitched. Hentgen's impact was really felt in 1993 when he led Toronto with a 19-9 record in the regular season with 122 strikeouts and 3.87 earned-run average.

He won Game 3 of the 1993 World Series against the Philadelphia Phillies, giving up one earned run over six innings of work as Toronto rolled to a 10-3 victory.

Hentgen continued to improve on the mound, winning the American League's Cy Young in 1996. He retired in 2004.

Today, Hentgen is still involved with the Blue Jays, working in the team's front office as Special Assistant to the Organization.

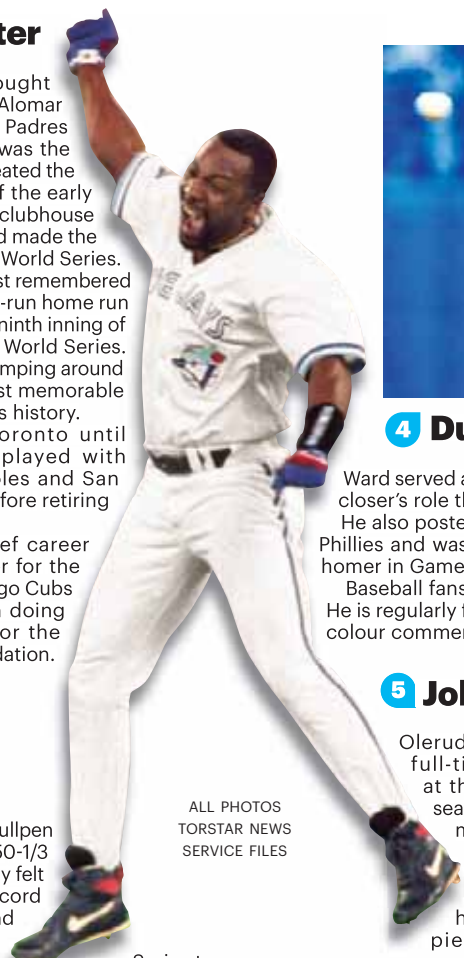
3 Joe Carter

The trade that brought Carter and Roberto Alomar from the San Diego Padres to Toronto in 1990 was the crucial move that created the Blue Jays dynasty of the early 1990s. Carter was a clubhouse leader in Toronto and made the final out of the 1992 World Series.

However, he is best remembered for his walk-off three-run home run in the bottom of the ninth inning of Game 6 in the 1993 World Series. Carter's exuberant jumping around the bases is the most memorable moment in Blue Jays history.

He stayed in Toronto until 1997 and briefly played with the Baltimore Orioles and San Francisco Giants before retiring in 1998.

Carter had a brief career as a TV broadcaster for the Blue Jays and Chicago Cubs before focusing on doing charitable works for the Children's Aid Foundation.



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4 Duane Ward

Ward served as a reliable setup man in 1992, but took over the coveted closer's role the following season and earned 45 saves.

He also posted saves in Game 1 and Game 4 against the Philadelphia Phillies and was the pitcher of record when Joe Carter hit his walk-off homer in Game 6.

Baseball fans in the Toronto area know exactly where Ward is today. He is regularly featured on local Blue Jays radio broadcasts, filling in for colour commentator Joe Siddall.

5 John Olerud

Olerud became Toronto's full-time first baseman at the start of the 1992 season and immediately made an impact. His sharp defensive play coupled with his strong hitting made him an important piece of both World

Series teams.

He led the American League in batting average (.363), intentional walks (33), times on base (321), on-base percentage (.473) and doubles (54) in 1993.

He now lives in Washington with his wife and children. The NCAA's John Olerud Award is given to the best two-way player in American collegiate baseball after his All-American play for Washington State University as a pitcher and first baseman. He was inducted into the National College Baseball Hall of Fame in 2007.



PREMIER LEAGUE

Cech heps Arsenal salvage a draw

Petr Cech demonstrated why he will be an asset rather than a liability for Arsenal by producing the saves that secured a 0-0 draw against Liverpool on Monday after opening-day blunders proved so costly for his new club.

It was a first Premier League clean sheet in Arsenal colours for the former Chelsea goalkeeper, who had to cope with a fragile defence in front of him.

And with the Gunners forwards so feeble, the draw left



**Today was one
those games
where I was in the
right place at the
right times.**

Peter Cech

them with four points from a possible nine at the start of the season. THE ASSOCIATED PRESS

IN BRIEF

Russia injects \$175M to World Cup budget

The Russian government proposed a two per cent increase to its budget for the 2018 World Cup on Monday, reversing a trend of repeated cuts this year.

A document written by the Sports Ministry and published Monday envisages an increase of 12.5 billion rubles (\$175 million), taking the budget to 643.8 billion rubles (\$9 billion).

The World Cup budget started the year at 664 billion rubles. THE ASSOCIATED PRESS

Washington regains old post as A's third-base coach

Ron Washington is back in the dugout where he got his big-league start as a coach, promoted to his old position as third base coach for the Oakland Athletics on Monday after the club dismissed Mike Gallego.

Oakland headed into the opener of a three-game series at Seattle on Monday night with the worst record in the American League at 54-71 following three straight years in the playoffs. THE ASSOCIATED PRESS

MLB

Cubbies walk off Tribe on Bryant HR



Kris Bryant's home run on Monday was his 20th of the season. THE ASSOCIATED PRESS

Kris Bryant homered with two outs in the ninth inning to lift the surging Chicago Cubs to a 2-1 victory over the Cleveland Indians on Monday in a makeup of a rained out game from June 15.

The rookie, who had homered twice Sunday, lined a pitch from Cleveland reliever Zach McAllister (3-4) into the right-field bleachers to give Chicago its fifth straight win and 21st victory in 26 games. THE ASSOCIATED PRESS

RECIPE Panko Crusted Chicken Sandwich with Sriracha Coleslaw



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

The lightly sautéed panko-crusted chicken thigh goes well with the spiced up coleslaw. Serves 4.

Ready in

Prep time: 15 minutes
Cook time: 8 minutes

Ingredients

- 4 boneless, skinless chicken thighs (pounded)
- 1 Tbsp cornstarch
- 1 egg
- 2 Tbsp 2 per cent milk
- 1/2 cup panko or bread crumbs
- 2 cups packaged coleslaw
- 1/4 cup light mayonnaise
- 1 Tbsp light sour cream
- 1 Tbsp lemon juice
- Salt and pepper
- 1 tsp Sriracha or hot sauce
- 4 sandwich buns
- 4 slices field tomatoes

Directions

1. Sprinkle cornstarch over

- chicken. In a dish, mix egg and milk and dip chicken to coat. Dip in panko crumbs.
2. In a large hot skillet, sprayed with vegetable oil, sauté chicken until cooked through, about four minutes per side.
3. To make slaw: In a bowl, combine slaw mixture, 2 Tbsp light mayonnaise, sour cream, lemon juice, salt and pepper and 1/2 tsp Sriracha.
4. In a small bowl, combine remaining mayonnaise and 1/2 tsp Sriracha. Spread this over four bottom of buns.
5. Place tomato slice over top on bottom buns, add chicken and divide slaw on top.

Nutrition per serving

- Calories 332
- Protein 23.6 g
- Carbohydrates 40 g
- Fibre 3 g
- Total fat 8.7 g
- Saturated fat 2.7 g
- Cholesterol 122 mg
- Sodium 629 mg

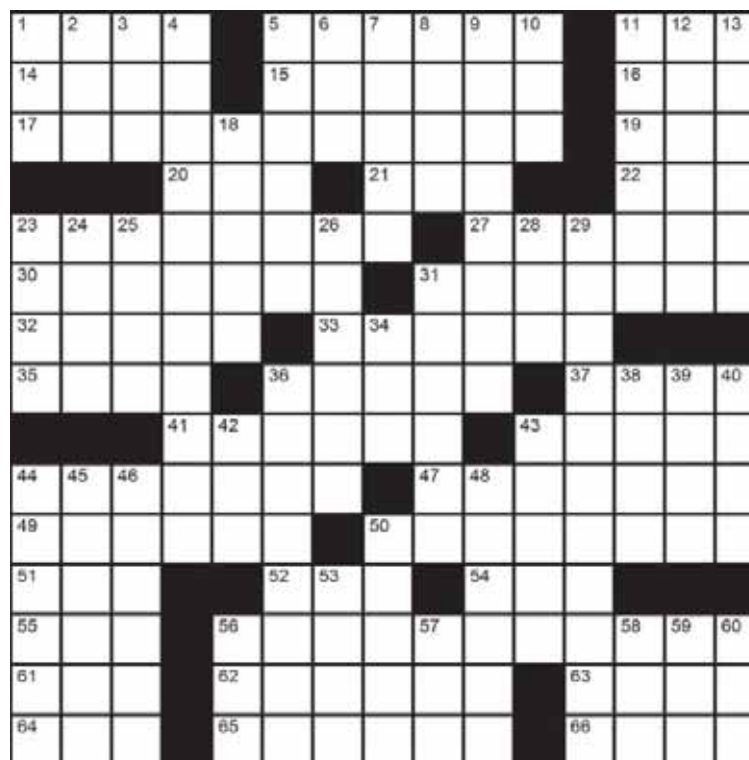
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Canned meat brand
5. Instruments like Ravi Shankar's
11. "Tell ___ No" by The Zombies
14. Rikki-Tikki-___
15. Breakfast menu selection
16. Brit band, briefly
17. Mid-70s Canadian TV series based on Johann Wyss' 1812 classic book, "The ___ Robinson"
19. Scandinavian rug
20. Rested
21. Tee 'n' club org.
22. Sure-footed mammal
23. Long-steps-taking pedestrians
27. Computer store purchase
30. Food Network watcher's interest
31. Rants
32. Put down
33. Fawn
35. Island of Indonesia
36. ___ and effect
37. Legend
41. Sacred songs
43. Jason of "How I Met Your Mother"
44. Overcome/make do
47. Country in Africa bordering Sudan
49. Contradiction
50. British-born missionary doctor to Newfoundland and Labrador, Sir Wilfred ___ (b.1865 - d.1940)



51. NYC's Madison
52. 'Equal'-meaning prefix
54. Wilmington's state, for short
55. Name: French
56. Canadian comedy partner for Frank Shuster: 2 wds.
61. Watercraft, with Jet

62. Furthest orbital point
63. Band's undertaking with dates to commit to
64. Mauna ___ (Hawaiian volcano)
65. Peanut Butter Cups name
66. Crooned

DOWN

1. Haloed humans, for short
2. Puppy's friendly offering
3. Canadian broadcaster Mr. Lewis
4. Fun-to-spell American river
5. Cushion
6. "Baby ___" Want

7. Office workers, e.g.
8. Sacha Baron Cohen character in Madonna's "Music" video: name + letter
9. Comparative
10. Trough locale
11. Monarch's messenger

12. President of France's residence, ___ Palace
13. Jokes-filled celebrity tributes
18. "Sexy ___" by The Beatles
23. Strikebreaker
24. Marching band instrument
25. Money in Oman
26. Entertain enthusiastically
28. 'Hect' ending
29. Some footwear, a nod to dancers: 2 wds.
31. One mixing the salad so that the lettuce flies up but then lands in the bowl
34. Certain cake
36. Circus carousel's music provider
38. Fiend
39. Stagger
40. Airline of Israel: 2 wds.
42. Sauna site
43. Brawn
44. Port city in Poland
45. Invalidate
46. Low energy reason maybe
48. Changes hair hue again
50. They resonate when struck in orchestras
53. Boot alternative
56. Cookie container
57. Maiden name indicator
58. Beatles hit: "She Loves ___"
59. Sister
60. Work unit

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A confident approach is a must. If your rivals get the idea that you are having doubts they won't hesitate to exploit them and that could lead to a serious setback later in the week.

Taurus April 21 - May 21
Try not to take anything too seriously. If you find yourself thinking about one thing to the exclusion of everything else that is a sure sign you have become infatuated about something and that isn't healthy.

Gemini May 22 - June 21
Today you will wonder if the powers that be have got it in for you, but it is your state of mind that is making things seem tougher than they really are. Life will get easier very soon.

Cancer June 22 - July 23
Travel and social plans are likely to be disrupted, although nothing too drastic will happen so long as you look ahead. Make allowances and make sure you have not forgotten anything important.

Leo July 24 - Aug. 23
Think carefully before committing yourself to anything of a financial nature today. Someone is keeping from you facts you need to know.

Virgo Aug. 24 - Sept. 23
You are strongly advised to be suspicious of everything you see and hear. Neptune, planet of confusion, is making things harder to understand and if you are not careful you could be the one who loses as a result.

Libra Sept. 24 - Oct. 23
A rethink of your aims may be a good idea but don't change anything before getting advice from people you trust. You are a little confused and it might be the case that you don't have to change anything at all.

Scorpio Oct. 24 - Nov. 22
What you have to say is not what certain people want to hear, so don't be surprised if they try to twist your words. The message you have to deliver is of major importance, so keep repeating it.

Sagittarius Nov. 23 - Dec. 21
You've been worrying for no good reason about something that is of no importance at all. When a wise Sag can be fooled now and again.

Capricorn Dec. 22 - Jan. 20
There will be plenty in the way of rumour today but precious few facts, so don't jump to conclusions. When even those in positions of authority have no idea what is going on there is not much point making plans.

Aquarius Jan. 21 - Feb. 19
Try to be a bit more laid-back about money matters today — but not so laid-back that it seems as if you don't care. If you have any bright ideas about how to increase profits you must speak up.

Pisces Feb. 20 - March 20
You know you can trust your own instincts but can you trust other people's instincts? Don't take what others tell you at face value today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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